

WELCOME TO OUR DIABETES IN PREGNANCY PROGRAM

When you attend our class, you will meet with a Diabetes Educator, who will provide you with the information and skills necessary to manage your gestational diabetes.

This class and initial appointment is approximately 2-3 hours long total for both appointments. We kindly ask that you make special arrangements for childcare if possible as having children in the class can cause unavoidable distractions.

Please eat meals as you normally would and do not skip. Any labs we may need to draw will not be affected by eating. You may even want to keep a log of your food to review at your class.

Feel free to bring a healthy snack such as peanut butter crackers or a protein bar and a bottle of water. You will have plenty of time to ask questions and discuss any concerns you may have.

One of our educators will be calling you a few days before your scheduled appointment to verify information and complete the history obtaining process. Being able to obtain histories prior to your appointment helps to streamline the process.

We look forward to helping you achieve a successful and healthy pregnancy.

Our Diabetes in Pregnancy Team:

Margaret Mlynarczyk, MD – Medical Director of Diabetes in Pregnancy

Theresa Corbine, FNP-c, BC-ADM – Program Director of Diabetes in Pregnancy

Courtney Sanford, RN, Diabetes Educator – Sentara Princess Anne, Virginia Beach 757-689-5104

Shannon Scharnhorst, RN, CDCES, Diabetes Educator – Sentara Princess Anne, Virginia Beach 757-689-5104

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